

Essex Child and Family Wellbeing Service

‘Virtual and face to face support and activity timetable

Colchester and Tendring May 2021 - To book please call us on 0300 247 0015

The focus of our service is making sure that everyone in Essex has the best possible start in life through meeting the identified needs of children, young people and families. Families have access to FREE, high quality public health services whether it be in their Community, School, Family Home or at our Family Hubs and Delivery Sites.

| Family Hub timetable | | | | |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| <p>Bookable Self Weigh <i>Location/days/times may vary</i> An opportunity to speak to one of our Healthy Family Support Practitioners/Assistants about your child's growth and development.</p> | <p>Bookable Self Weigh <i>Location/days/times may vary</i> An opportunity to speak to one of our Healthy Family Support Practitioners/Assistants about your child's growth and development.</p> | <p>Bookable Self Weigh <i>Location/days/times may vary</i> An opportunity to speak to one of our Healthy Family Support Practitioners/Assistants about your child's growth and development.</p> | <p>Bookable Self Weigh <i>Location/days/times may vary</i> An opportunity to speak to one of our Healthy Family Support Practitioners/Assistants about your child's growth and development.</p> | <p>Bookable Self Weigh <i>Location/days/times may vary</i> An opportunity to speak to one of our Healthy Family Support Practitioners/Assistants about your child's growth and development.</p> |
| <p>Virtual Talk Together 11:00pm-12noon Our workshop for parents and children focusing on speech and language support for children aged 18mth-3yrs.</p> | <p>Virtual Singing sessions 9:30am-10:00am Toddlers 10:30am-11:00am- Babies Come and have fun talking and singing with your child while building their confidence, and developing language skills.</p> | <p>Virtual Preparing for baby 10:00am-11:30am Our interactive workshop supports managing expectations and the reality of becoming a new parent.</p> | <p>Virtual/Face to face Baby Beginnings Locations, days and times may vary A 6-10 week rolling programme to support you and your baby's learning & development in a fun way.</p> | <p>Virtual Introducing Solids 10:00am- 11:00am Learn how you begin introducing solid foods to your baby</p> |
| <p>Virtual First Time Parents 12:30pm-1:30pm Our three week course for first time parents with a baby from 6 weeks old. Covering a range of topics and offering you the opportunities to share experiences and meet other new parents.</p> | <p>Virtual Ready, Steady 11:30am-12:30pm A supportive three week child development programme. By referral only.</p> | <p>Virtual Butterflies First Wednesday of the month 1:00pm-2:00pm A peer support group for parents and carers affected by any mental health issues and or substance and alcohol misuse. Delivered in partnership with Futures In Mind</p> | <p>Say Hi!- Baby Walking Group Days and times may vary Have you had a baby in 2020/2021 and want to meet other parents? This is the peer support group will now be meeting face to face.</p> | <p>Virtual First Time Parents 11:15am-12:15pm Our three week course for first time parents with a baby from 6 weeks old. Covering a range of topics and offering you the opportunities to share experiences and meet other new parents.</p> |
| <p>Virtual Bursting Bubbles SEND support group Last Monday of the month 1:30pm-2:30pm An informal support for families who have a child with Social, Emotional or Communication Delay.</p> | <p>Virtual I Can Do It 11:30am-12:30pm Our two week course supporting your child's development to be school ready.</p> | <p>Say Hi!- Toddler Walking Group Days and times may vary Have you got a toddler and want to meet other new parents living locally to you? This is the peer support group will now be meeting face to face.</p> | <p>Virtual Talk Together 1:00pm-2:00pm Our workshop for parents and children focusing on speech and language support for children aged 18mth-3yrs.</p> | <p>Virtual Toilet training support 1:00pm-2:00pm One off workshop to support you with toilet training your child. For children aged 18month – 2 ½ years</p> |



